

Chicken Seekh kabab | chicken seekh kabab

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-seekh-kabab-recipe-indian>

Ingredients:

- 500 grams chicken minced
- 5 tablespoons oil for cooking
- 1 medium onion finely chopped
- 5 cloves garlic minced
- 2 inches ginger minced
- 4 green chillies medium, finely chopped
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon chilli powder
- 1/2 teaspoon salt
- 1/2 cup cilantro / Coriander Leaves, chopped
- 1 juice Lemon, a whole medium sized lemon

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 80 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 400 milligrams
9. Sugar: 8 grams

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